



OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 5 KM

B4SPORT

Event: Ogólnopolski Puchar Nordic Walking - Koszalin 2021
Organiser: Fundacja Herkules All Sports
Date: 2021-06-05
Place: Koszalin
Distance: 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	226		M50-54	1			00:15:16	00:30:13.20		6:02	9.9 (100%)
2	SZAMOTULSKI Henryk	199	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-44	1	1		00:15:26	00:30:34.50	+00:00:21 (1.2%)	6:06	9.8 (99.0%)
3	WOROCH Roman	228	KGHM METRACO RUDNA	M60-64	1	1		00:15:52	00:32:10.75	+00:01:57 (6.1%)	6:26	9.3 (93.9%)
4	GWIZDAŁA Zbigniew	125		M50-54	2	1		00:15:39	00:32:19.45	+00:02:06 (6.5%)	6:27	9.3 (93.9%)
5	KOPCZEWSKI Dariusz	143	WYCHODZĘ Z KIJAMI	M55-59	1			00:16:19	00:33:00.25	+00:02:47 (8.4%)	6:36	9.1 (91.9%)
6	PARZYBUT Jan	173	POSTĘP PNIEWY TEAM	M55-59	2	2		00:16:21	00:33:00.65	+00:02:47 (8.5%)	6:36	9.1 (91.9%)
7	KNITTER Michał	138	BŁĘKITNI DZIEMIANY	M18-29	1			00:16:35	00:33:02.15	+00:02:48 (8.5%)	6:36	9.1 (91.9%)
8	BRZOZOWSKI Piotr	105	AKTYWNI POSTOMINO	M30-39	1			00:16:13	00:33:07.45	+00:02:54 (8.8%)	6:37	9.1 (91.9%)
9	FRĄCKOWIAK Roman	114	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	3	1		00:16:26	00:33:30.00	+00:03:16 (9.8%)	6:42	9 (90.9%)
10	KUŚMIEREK Mateusz	154	BŁĘKITNI DZIEMIANY	M18-29	2	1		00:16:56	00:33:59.35	+00:03:46 (11.1%)	6:47	8.8 (88.9%)
11	TOPOREK Rafał	210	POLIPACK TEAM GWE	M- Niepełnosprawni(B)	1	1		00:16:37	00:34:09.05	+00:03:55 (11.5%)	6:49	8.8 (88.9%)
12	CZŁAPSKI Krzysztof	108	NW CZŁAPSKI TEAM	M55-59	3			00:16:49	00:34:17.05	+00:04:03 (11.9%)	6:51	8.8 (88.9%)
13	MROZIŃSKI Tadeusz	165	NORDICUS STRZYBNICA	M55-59	4	1		00:16:58	00:34:26.20	+00:04:13 (12.2%)	6:53	8.7 (87.9%)
14	ZMYŚŁOWSKI Zygmunt	238	NORDIC WALKING LUBASZ	M60-64	2	1		00:16:51	00:34:27.65	+00:04:14 (12.3%)	6:53	8.7 (87.9%)

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15	PRZYBORKIEWICZ Kriss	182	PIERNIKI TORUŃ	M45-49	1	1		00:16:53	00:34:32.00	+00:04:18 (12.5%)	6:54	8.7 (87.9%)
16	MARCZAK Tomasz	162	KS IDMAR RACING TEAM	M18-29	3			00:16:37	00:35:15.15	+00:05:01 (14.3%)	7:03	8.5 (85.9%)
17	KLIMCZAK Adam	137	GOSADI NORDIC TEAM	M55-59	5			00:17:34	00:35:26.60	+00:05:13 (14.7%)	7:05	8.5 (85.9%)
18	DEMBKOWSKI Ryszard	111	OLD SNAKE	M65-69	1	1		00:17:58	00:35:30.70	+00:05:17 (14.9%)	7:06	8.5 (85.9%)
19	CZMOCH Marian	109		M70-74	1	1		00:17:43	00:35:43.60	+00:05:30 (15.4%)	7:08	8.4 (84.8%)
20	KOWNACKI Bartłomiej	148		M40-44	2			00:17:35	00:35:52.15	+00:05:38 (15.7%)	7:10	8.4 (84.8%)
21	WALCZAK Ryszard	220		M70-74	2			00:18:00	00:36:04.45	+00:05:51 (16.2%)	7:12	8.3 (83.8%)
22	STANISŁAWSKI Jan	194	MARSZ PO ZDROWIE	M60-64	3			00:17:50	00:36:14.05	+00:06:00 (16.6%)	7:14	8.3 (83.8%)
23	KRUGIOŁKA Grzegorz	150	AKTYWNIE W PNIEWACH	M30-39	2			00:17:51	00:36:15.80	+00:06:02 (16.7%)	7:15	8.3 (83.8%)
24	PAWLAK Sebastian	71	STARA MUSZELKA	M45-49	2			00:17:46	00:36:22.25	+00:06:09 (16.9%)	7:16	8.2 (82.8%)
25	TOMCZYK Edward	209	MARSZ PO ZDROWIE	M70-74	3			00:18:09	00:36:29.35	+00:06:16 (17.2%)	7:17	8.2 (82.8%)
26	SZYMAŃSKI Stefan	203	SERCE NORDICA WŁOCLAWEK	M70-74	4			00:17:58	00:36:42.10	+00:06:28 (17.7%)	7:20	8.2 (82.8%)
27	KASPRZAK Tadeusz	135		M- Niepełnosprawni(A)	1			00:18:16	00:36:44.35	+00:06:31 (17.7%)	7:20	8.2 (82.8%)
28	KOSTECKI Wiesław	145	NW CZŁAPSKI TEAM	M65-69	2			00:18:19	00:36:51.05	+00:06:37 (18.0%)	7:22	8.1 (81.8%)
29	NOWALIŃSKI Piotrek	166	FACE NORDIC WALKING TEAM	M- Niepełnosprawni(A)	2			00:18:03	00:36:58.00	+00:06:44 (18.3%)	7:23	8.1 (81.8%)
30	PUSZKARSKI Adam	185	GOSADI NORDIC TEAM	M-Dzieci	1			00:18:34	00:37:01.25	+00:06:48 (18.4%)	7:24	8.1 (81.8%)
31	WALCZAK Grzegorz	59	NORDIC WALKING KIEKRZ POLAND	M45-49	3			00:18:17	00:37:04.60	+00:06:51 (18.5%)	7:24	8.1 (81.8%)
32	TUZIMEK Jakub	215	KUR-TEAM	M-Jun.	1			00:17:33	00:37:12.70	+00:06:59 (18.8%)	7:26	8.1 (81.8%)
33	STACHOWICZ Marcin	49	BŁĘKITNI DZIEMIANY	M30-39	3			00:17:59	00:37:15.00	+00:07:01 (18.9%)	7:27	8.1 (81.8%)
34	CIESIELSKI Krzysztof	107	FAST WALKER	M65-69	3			00:18:36	00:37:38.40	+00:07:25 (19.7%)	7:31	8 (80.8%)
35	GWIZDAŁA Bartosz	126		M30-39	4	1		00:18:40	00:37:51.35	+00:07:38 (20.2%)	7:34	7.9 (79.8%)
36	GÓRAL Andrzej	120	KGHM METRACO RUDNA	M- Niepełnosprawni(A)	3	2		00:18:28	00:37:54.50	+00:07:41 (20.3%)	7:34	7.9 (79.8%)
37	WECHTA Paweł	69	KGHM METRACO RUDNA	M45-49	4			00:19:00	00:38:10.95	+00:07:57 (20.9%)	7:38	7.9 (79.8%)

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38	RUSINOWICZ Andrzej	190	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1			00:19:03	00:38:11.60	+00:07:58 (20.9%)	7:38	7.9 (79.8%)
39	LEWANDOWSKI Marian	157		M70-74	5	1		00:18:48	00:38:19.85	+00:08:06 (21.2%)	7:39	7.8 (78.8%)
40	GRYGOROWICZ Bogdan	122	KGHM METRACO RUDNA	M- Niepełnosprawni(B)	2			00:19:00	00:38:40.85	+00:08:27 (21.9%)	7:44	7.8 (78.8%)
41	ZAWADZKI Krzysztof	233	WETERAN	M65-69	4	1		00:19:11	00:38:46.45	+00:08:33 (22.1%)	7:45	7.7 (77.8%)
42	ŚLUSARCZYK Grzegorz	54	WESOŁY BORSUK TEAM	M45-49	5	1		00:19:03	00:38:50.40	+00:08:37 (22.2%)	7:46	7.7 (77.8%)
43	KUSIAK Włodzimierz	153	SERCE NORDICA WŁOCŁAWEK	M70-74	6			00:19:06	00:39:38.80	+00:09:25 (23.8%)	7:55	7.6 (76.8%)
44	KWIATKOWSKI Dariusz	72	KTP STAIZA MUSZELKA	M50-54	4			00:19:36	00:39:42.20	+00:09:29 (23.9%)	7:56	7.6 (76.8%)
45	PALUCH Paweł	170	AVOCADO WELLNESS CLUB	M55-59	6			00:19:36	00:39:48.45	+00:09:35 (24.1%)	7:57	7.5 (75.8%)
46	TUZIMEK Adam	216	KUR-TEAM	M-Jun.	2			00:19:41	00:39:49.05	+00:09:35 (24.1%)	7:57	7.5 (75.8%)
47	ŚCIBIOR Robert	204	KUR-TEAM	M45-49	6			00:19:45	00:40:02.50	+00:09:49 (24.5%)	8:00	7.5 (75.8%)
48	FRANCZAK Dariusz	113	NW CZŁAPSKI TEAM	M55-59	7			00:19:55	00:40:31.05	+00:10:17 (25.4%)	8:06	7.4 (74.7%)
49	PRACKI Zbigniew	180	SERCE NORDICA WŁOCŁAWEK	M55-59	8			00:20:22	00:40:49.65	+00:10:36 (26.0%)	8:09	7.3 (73.7%)
50	ADAMOWICZ Andrzej	101		M75-79	2			00:20:10	00:40:59.00	+00:10:45 (26.3%)	8:11	7.3 (73.7%)
51	WYSOCKI Gabriel	231	BŁĘKITNI DZIEMIANY	M-Dzieci	2			00:19:54	00:41:22.50	+00:11:09 (27.0%)	8:16	7.3 (73.7%)
52	WIŚNIEWSKI Jerzy	224	GDAŃSKIE WODY AKTYWUJĄ	M60-64	4			00:20:33	00:41:47.55	+00:11:34 (27.7%)	8:21	7.2 (72.7%)
53	JÓŹWIAK Łukasz	130	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:20:51	00:41:49.90	+00:11:36 (27.8%)	8:21	7.2 (72.7%)
54	ZIELIŃSKI Andrzej	236		M65-69	5			00:20:52	00:42:03.85	+00:11:50 (28.2%)	8:24	7.1 (71.7%)
55	CETERA Janusz	106	EKSPEDYCJA NORDIC TEAM SZCZECIN	M- Niepełnosprawni(A)	4			00:21:09	00:42:10.90	+00:11:57 (28.4%)	8:26	7.1 (71.7%)
56	LUBAŃSKI Tomasz	160	SERCE NORDICA WŁOCŁAWEK	M60-64	5			00:21:13	00:42:39.80	+00:12:26 (29.2%)	8:31	7 (70.7%)
57	GUTOWSKI Paweł	124	PAUL TEAM	M- Niepełnosprawni(A)	5			00:20:35	00:42:44.10	+00:12:30 (29.3%)	8:32	7 (70.7%)
58	KOSTRZEWA Maciek	146	NW CZŁAPSKI TEAM	M50-54	5			00:20:52	00:42:57.70	+00:12:44 (29.7%)	8:35	7 (70.7%)
59	DOBRYŃSKI Adam	112		M30-39	5			00:21:08	00:43:28.25	+00:13:15 (30.5%)	8:41	6.9 (69.7%)
60	PIĄTKOWSKI Józef	175	KGHM METRACO RUDNA	M75-79	3			00:21:00	00:43:55.50	+00:13:42 (31.2%)	8:47	6.8 (68.7%)

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61	KARCZMARSKI Krzysztof	134	IPA RADOM	M60-64	6			00:21:50	00:44:53.70	+00:14:40 (32.7%)	8:58	6.7 (67.7%)
62	PAJĘCKI Adam	169	PARAKULOS KOWAL	M- Niepełnosprawni(B)	4			00:22:15	00:44:56.20	+00:14:43 (32.7%)	8:59	6.7 (67.7%)
63	REHLIS Aleksander	187	WYCHODZĘ Z KIJAMI	M30-39	6			00:23:21	00:47:49.65	+00:17:36 (36.8%)	9:33	6.3 (63.6%)
64	ŚLUSARCZYK Błażej	207	WESOŁY BORSUK TEAM	M-Dzieci	3			00:25:13	00:52:13.20	+00:22:00 (42.1%)	10:26	5.7 (57.6%)
65	KULCZYCKI Jan	151	SERCE NORDICA WŁOCŁAWEK	M70-74	7			00:26:37	00:52:54.45	+00:22:41 (42.9%)	10:34	5.7 (57.6%)
66	JÓŻWIAK Dominik	131	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:26:47	00:53:15.35	+00:23:02 (43.3%)	10:39	5.6 (56.6%)

Total 66 results.